FIG. 6C shows a cross sectional view of the handle where a washer 214 has two holes through which two cord portions pass.

FIG. 6D shows another embodiment where two loops 218 220 are attached to the handle.

FIG. 7A shows an embodiment of the invention where the loop forming device is located inside the handle 10.

FIG. 7B shows a cross sectional view of a preferred embodiment of the handle along the axis 7B shown in FIG 7A where the loop forming device is inside handle 10.

FIG. 7C shows another embodiment where a first loop 198 and a second elongated element 236 are attached or connect to the handle 10.

FIG. 7D shows another embodiment where a first loop 198 and a loop 240 are attached or connect to the handle 10.

FIG. 8A shows an embodiment where the elongated first element is comprised of a first cord 300 attached to the handle 10 and a soft flexible element 304 attached to the first cord.

FIG. 8B shows an embodiment where the elongated first element is comprised a first cord 308 attached to the handle 10 and a soft flexible element 310 surrounding a portion of the first cord 308.

FIG. 8C shows an embodiment where the elongated first element is comprised of a first cord 316 attached to the handle 10 and a plurality of soft flexible elements 318 surround a portion of the first cord 318.

FIG. 8D shows an embodiment where the elongated first element is comprised of a elongated first element 326 attached to the handle 10. The elongated first element 326 is preferably a cord or rope.

FIG. 9A shows a general view of the first configuration option of the invention where the loop forming device is located outside of the handle and the first elongated element 408 forms a loop.

FIG. 9B shows a general view of the second configuration option of the invention where the loop forming device is located outside of the handle and the elongated element is comprised of a first cord 412 attached to the loop (or second cord) 414.

FIG. 9C shows a general view of the third configuration option of the invention where the loop forming device is inside the handle and the elongated element forms a loop.

FIG. 9D shows a general view of the fourth configuration option of the invention without a loop.

Detailed Description of the Preferred Embodiments

Overview Of Four Configuration Options

In general, the embodiments of the invention are exercising devices preferably for simulating jumping rope.

The embodiments of the invention can generally be grouped into four general configuration options as shown in FIGS. 9A, 9B, 9C and 9D (or FIGS. 1A, 4A, 6A and 8B). The first three configuration options (See FIGS. 9A, 9B, and 9C) have elongated elements that comprise loops. In the fourth configuration option (FIG. 9D) the elongated element does not have a loop.

Common to the three configuration options (and their embodiments) having loops (e.g., FIG. 9A, 9B, and 9C) are the following. The device is comprised of two units. During use, each unit is held in a hand of a user. The user rotates the units to swing an elongated element. The units are comprised of: (1) a handle, (2) an elongated first element attached to the handle, and (3) the elongated element has at least a first loop.

In the first configuration option, (e.g., FIG. 9A) the loop forming device (e.g., 404) is located outside of the handle (400).

In the second configuration option, (e.g., FIG. 9B) the loop forming device (e.g., 404) is outside the handle 400 and the elongated element is preferably comprised of a first cord 412 and a loop 414. The first cord 412 is attached to the loop 414 (or second cord).

In the third configuration option, (e.g., FIG. 9C), the loop forming device 404 is inside the handle 400.

In the fourth configuration option (See e.g., FIG. 9D), the jump rope simulator does not have loops. The units are each comprised of: a handle, and an elongated first element attached to the handle. FIG. 8B shows the elongated first element comprised of a first cord 308 attached to the handle 10 and a soft flexible element 310 surrounding a portion of the first cord.

FIG. 9A shows a general view of the first configuration option where the loop forming device 404 is located outside of the handle 400 and the loop is comprise of a first